



## WELLNESS WEEKLY

APRIL 28, 2014

### APRIL IS...

- ◆ Stress Awareness Month
- ◆ National Testicular Cancer and Esophageal Awareness Month
- ◆ Alcohol Awareness Month

### MAY IS...

- ◆ Asthma and Allergy Awareness Month
- ◆ Employee Health & Fitness Month
- ◆ National High Blood Pressure Education Month

Attend a wellness event and your name will be automatically entered into a monthly drawing for a free fitness giveaway! (Winners do not have to be present at the time of drawing to win)

#### ATTENTION:

Wellness AMBASSADORS, Wellness CHAMPIONS & City EMPLOYEES.

Would you like to host an EVENT at YOUR AGENCY or worksite location?

For information contact the Wellness office at

Wellness @baltimorecity.gov or via phone at: 410 396-3872

ALL WELLNESS EVENTS ARE FREE & OPEN TO ALL CITY EMPLOYEES.



## This Week's Events:

Event	Date	Location	Time
Zumba (sponsored by Care-First)	Apr. 30	Department of Human Resources 201 E. Baltimore St. 15th Fl., Chicago Room Baltimore, MD 21202 <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
Introduction to Mindful Meditation (sponsored by Kaiser Permanente)	May 1	Department of Human Resources 201 E. Baltimore Street 5th Floor, Room 5A (across from Benefits Division) <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
Baltimore Bike Rides (weekly) (sponsored by Baltimore City Recreation & Parks)	May 2-Oct. 31	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 <b>Registration Preferred:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.

## Coming Soon:

Event	Date	Location	Time
Managing Allergies (sponsored by Kaiser Permanente)	May 7	Department of Human Resources 201 E. Baltimore Street 5th Floor, Room 5A (across from Benefits Division) <b>Registration Required:</b> <a href="http://www.cityofbaltimorewellness.com">www.cityofbaltimorewellness.com</a>	12:00-1:00 p.m.
So What Can I Eat? What You Need To Know About Food Allergies, Intolerances and Sensitivities (Sponsored by United Healthcare)	May 13	Online Seminar (Open to All Employees) <b>Registration Required:</b> <a href="http://www.Source4women.com">www.Source4women.com</a> CLICK: [Online Seminars & Events] Unable to attend? Review the presentation any time after the scheduled date. Go to: <a href="http://www.Source4Women.com">www.Source4Women.com</a> CLICK: Online Seminars & Events; Previously Recorded Seminars	12:00-1:00 p.m.
Heart Health (information table in the lobby) (Sponsored by Aetna)	May 21	The Benton Building 417 E. Fayette Street Baltimore, MD 21202	12:00-2:00 p.m.

#### What is Testicular Cancer?

- ◆ Testicular cancer starts in the testicles. It typically develops in one or both testicles at any age. It is a highly treatable and usually curable type of cancer.

#### What is Esophageal Cancer?

- ◆ Esophageal cancer develops in the esophagus, a long tube that connects your mouth to your stomach. It is generally hollow and is about ten inches long in adults.

#### Spring Into Health With 4 Hours Off For Cancer Screenings for City Employees

Early detection, intervention and treatment are vital to cancer survival. Permanent full-time and permanent part-time employees are granted up to 4 hours leave per calendar year for cancer screenings. The time will not be counted toward an employee's accumulated leave. Prior approval from the employee's immediate supervisor is required to get the 4 hours of leave. Agency Human Resources Officers will provide the required form which should be completed by the employee and returned to the employee's supervisor after the screening.

**This information provided by The American Cancer Society is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.**

#### What is a CSA?

Community Supported Agriculture (CSA) is a pre-paid box of fruits and vegetables from a local farm. In the Homegrown Baltimore Employee Wellness CSA FarmShare program, produce will be delivered directly to your office. Join the Homegrown Baltimore Employee Wellness CSA Farmshare! Contact Joanna Winkler at [joanna.winkler@baltimorecity.gov](mailto:joanna.winkler@baltimorecity.gov) to find out how to sign up.  
**FOR CITY EMPLOYEES ONLY**

**ATTENTION!!!! The Wellness Program has gone Social!**

Connect with us on FACEBOOK at :

<https://www.facebook.com/#!/pages/City-of-Baltimore-Wellness/42881130583328?fref=ts>

OR

On the WEB at : <http://humanresources.baltimorecity.gov/Wellness.asp>